**Sowing the Seeds of Buddhahood – The Sacred Work of the Buddha to Bring Happiness to All People**

*(Inspired by Esho Funi: Oneness of Life and Environment)*

Life and its environment are not two separate realities—they are inseparable aspects of a single truth. This principle, known as **Esho Funi**, teaches that the inner life state of an individual and the external world are deeply interconnected. When we transform our inner life through faith and practice, our environment responds in kind. This is the essence of Nichiren Buddhism: the power to change both self and surroundings through the Mystic Law.

Seventy-five years ago, President Ikeda attended a lecture on the Lotus Sutra by his mentor, Josei Toda. Deeply moved, he wrote:

“I am awed by the depth and greatness of the Lotus Sutra. The way to true happiness for humanity lies only in the Lotus Sutra.”

He realized that Nichiren Daishonin’s compassion was rooted in the vow to lead all people to enlightenment—a vow that transcends time and space. This vow is the ultimate expression of Esho Funi: when one person awakens to Buddhahood, it sets in motion a ripple effect that transforms families, communities, and societies. Ikeda resolved:

“Mr. Toda is truly a teacher for all humanity. Young people must advance, forever forward, to ensure the eternal transmission of the Law!”

Since then, the path of kosen-rufu has crossed rugged mountains and rushing torrents to become a great open road traveled joyously by Bodhisattvas of the Earth emerging in every country. Nothing is more reassuring than seeing ever-growing numbers of young people following this path.

The act of **sowing the seeds of Buddhahood** is the practical embodiment of Esho Funi. When we share Buddhism with sincerity, cheerfulness, and confidence, we plant seeds of hope in the hearts of others. These seeds will take root and bloom when the time is right. Our dialogue is not mere words—it is a profound spiritual exchange that transforms both lives and environments.

**Illustration – Youth**

During a Future Division discussion meeting, a member shared how chanting Nam-Myoho-Renge-Kyo helped them overcome severe anxiety before university exams. They explained:

“I started chanting every morning and evening, focusing on courage and clarity. Gradually, I noticed not only my confidence growing but also my environment changing—supportive friends appeared, and even my professors became more approachable.”

This is Esho Funi in action: inner transformation creating harmony in the external environment.

**Practical Sharing Tip:**  
If someone asks, *“Why do you chant Nam-Myoho-Renge-Kyo?”*, you might say:

“I chant because it helps me bring out courage and hope every day. It’s a practice that lets me create value and overcome challenges.”

The title “Thus Come One” signifies one who actively comes from the realm of truth to guide living beings. Shakyamuni’s vow—*“May all beings be happy!”*—reflects his tireless efforts for universal happiness. The Lotus Sutra reveals that this struggle is eternal, affirming that the Buddha’s enlightenment is not confined to the past but continues into the future. The Buddha is not separate from people; rather, the Buddha is the noblest among them—awakened to life’s eternal nature and striving forever to guide all beings to enlightenment.

Nichiren Daishonin declared that **Nam-Myoho-Renge-Kyo (NMHRK)** is the mother of all Buddhas—the fundamental law enabling enlightenment. Those who embrace and spread NMHRK manifest the three bodies of the Buddha:

* **Dharma Body** – the truth or Law
* **Reward Body** – the wisdom to perceive the truth
* **Manifested Body** – compassionate actions to lead others to enlightenment

The Lotus Sutra teaches that ordinary people can attain Buddhahood in their present form. This is the essence of the Thus Come One’s secret and transcendental powers—the teaching that enables us to reveal the life state of Buddhahood just as we are. Faith in the Mystic Law is the key to unlocking this potential. When we chant Nam-Myoho-Renge-Kyo, we harmonize our inner life with the ultimate Law of the universe, creating a dynamic oneness between self and environment.

**Example Scenario:**  
A peer says: *“I’m not perfect—can I still become a Buddha?”*  
**Answer:**

“Yes! Nichiren Buddhism teaches that ordinary people can reveal Buddhahood just as they are, through faith and practice.”

Our efforts to sow the seeds of Buddhahood constitute a great dialogue movement for peace that will shine brilliantly in human history. It is a sacred task of creating connections, bridging divisions, and promoting respect for life. Each sincere conversation plants seeds of hope and happiness, spreading a philosophy that transcends differences and affirms the dignity of all people. This is Esho Funi in action—the transformation of life and environment through the power of the Mystic Law.

The true aim of Nichiren Buddhism is to awaken people who will stand up with the same vow as the Buddha—ordinary individuals striving for the eternal happiness of humanity. Because the Law we embrace is supreme, those who uphold it are foremost among all others. Through faith, dialogue, and action, we illuminate the world with the light of the Mystic Law.

Our efforts to share Buddhism are noble actions inspired by the vow to lead all people to happiness. Every seed we plant will bloom in time—continue chanting and engaging in heartfelt dialogue, knowing that each step forward transforms both life and environment.

✅ Would you like me to **create a visually appealing 1-page handout with highlighted quotes and SGI UK example**, or **convert this into a short presentation deck (3–4 slides)** for your 6-minute session? Or both?